

Fitness & Dance

Tai Chi - Beginner

(Ages: 16 yrs to Adult)

Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced since 1981. No class Aug 24.

2310.401 Fri, Jul 6 - Sep 14 6:30pm-7:30pm
11 Week Session (No class 8/24)
\$60 City, \$81 Non-City Resident
Dorothy Hart Community Center
Instructor: Charles Riley
Registration begins: 4/17 City 4/24 Non-City

Tai Chi - Intermediate

(Ages: 16 yrs to Adult)

This class is for people who already know Da Liu's form but would like to practice with a group. We will explore more of the meditative and cultural relationships. No class Jul 20 & Aug 24.



4444.402 Fri, Jul 6 - Sep 14 7:35pm-8:35pm
11 Week Session (No class 7/20 or 8/24)
\$60 City, \$81 Non-City Resident
Dorothy Hart Community Center
Instructor: Charles Riley
Registration begins: 4/17 City 4/24 Non-City

Register for all classes

at the Fredericksburg Parks & Recreation office, located in the Dorothy Hart Community Center, 408 Canal Street. On-line registration is available for all of these classes as well. Visit our web site at www.fredericksburgva.gov, click on the link for Parks & Recreation.

Tai Chi -Day

(Ages: 16 yrs to Adult)

Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced for twenty-five. The exercise coordinates body, mind, and spirit. The ancient art of Tai Chi reduces stress, depression, blood pressure, and heart rate. It can improve natural breathing, vital energy, flexibility, balance, circulation, memory, and mental outlook. The exercise can enhance awareness for daily activities, sports and martial arts. No class May 28 or Jul 30.

4444.302 Mon, May 7 - Jun 11 10:00am-11:00am
4444.401 Mon, Jul 2 - Aug 13 10:00am-11:00am
7 Week Sessions each
\$45 City, \$60 Non-City Resident
Dorothy Hart Community Center
Instructor: Charles Riley
Registration begins: 4/17 City 4/24 Non-City

Yoga for Beginners

(Ages: 18 yrs to Adult)

Learn how to use your mind and your body in a more efficient way as you practice the "postures" of Hatha yoga. Yoga will promote physical balance, increase mental alertness, and help prevent injury and discomforts. You will benefit from instruction in breath work, neuromuscular control and relaxation skills. Just say "ahhh" to yoga. Yoga is done in bare feet. Bring a blanket or mat if you have one.



2610.411 Tue, Jun 5 - Jun 26 9:15am-10:15am
2610.401 Tue, Jul 3 - Jul 24 9:15am-10:15am
3345.410 Tue, Aug 14 - Sep 4 9:15am-10:15am
4 Week Session
\$32 City, \$43 Non-City Resident
Dorothy Hart Community Center
Instructor: Kimberly Perry
Registration begins: 4/17 City 4/24 Non-City

Aerobics

AEROBICS SCHEDULE

The fitness classes listed on this page are interchangeable with your purchase of the punch card.

12 classes: \$37 City or Non-city Resident

24 classes: \$60 City or Non-city Resident

** As always, we invite you to try any of our aerobic classes for the first time FREE! To suit your life-style we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!



Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. ***Use with punch card.**

Monday, Wednesday, & Friday,
8:15am - 9:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Interval Workout

We'll do a warm-up before engaging in a cardio / weight work-out. Alternating between the cardio and the weights, we'll have fun using free weights, bands, balls or step followed by a floor workout for your abs. We'll finish up with stretching and a cool down. ***Use with punch card.**

Monday, Wednesday, & Friday
9:05am - 10:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified



Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience. ***Use with punch card.**

Monday and Wednesday,
6:00pm - 6:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Strength & Stretch for Active Older Adults

A TWO-PART CLASS MODIFIED FOR ACTIVE OLDER ADULTS. The first half-hour consists of modified weight training for more mature adults who desire to gain muscle and bone strength. We will help you burn fat and decrease bone loss. The second half-hour consists of flexibility training and balance through stretching techniques, including yoga and pilates. By gaining strength and flexibility you will improve your overall well being. ***Use with punch card.**

Tuesday & Thursday
1:00pm - 1:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Charlotte Turner, YMCA & CPR certified

Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule. ***Use with punch card.**



Tuesday and Thursday
6:30pm - 7:25pm - Ongoing
Dorothy Hart Community Center
Instructor: Tammy Vuolo, ACE & CPR certified

Aerobics & Fitness

Aerobic Classes

We offer ongoing aerobic classes at the Community Center. Review this schedule and the previous page for descriptions.

Purchase a PUNCHCARD for these ongoing aerobics classes.

FEE SCHEDULE:

12 classes: \$37 City or Non-City

24 classes: \$60 City or Non-City



* As always, we invite you to try any of our classes for the first time FREE! To suit your life-style, we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel
9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel
	1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Turner		1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Turner	
6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	

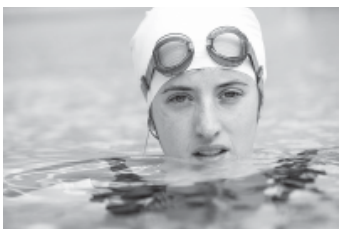


Fitness in Motion Classes

You must pre-register for these classes separately. NO punchcards to attend these classes.

Class dates and fees are listed with individual class descriptions. Many of these classes have limited space - register now.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15-10:15pm Yoga				10:00-12:00pm Karate Instr: Morton
				12:30-3:00pm Line Dance Instr: Conlin	
5:30-6:30pm Karate		5:30-6:30pm Karate		6:30-7:30pm Tai Chi Instr: Riley	
				8:00-9:00pm Tai Chi	



Swim, Slim & Trim Water Aerobics

(Ages: 15 yrs to Adult)

Swim, Slim & Trim - a different kind of aerobics! You'll love 'working out' in this class, and because classes are held in the water, it is low impact on your knees and other joints. No experience necessary. Class is held in the 4 foot end of the pool. Everyone must be at least 15 by July 1, 2007. It's never too late to learn. MUST Pre-register. Class space is limited. No class on July 4th.

7000.430	Mon/ Wed, Jun 18 - Jul 16	8:00am-8:45am
7000.431	Tue/ Thur, Jun 19 - Jul 12	8:00am-8:45am
7000.432	Mon/ Wed, Jul 23 - Aug 15	8:00am-8:45am
7000.433	Tue/ Thur, Jul 26 - Aug 16	8:00am-8:45am

5 Week Sessions each

\$40 City, \$50 Non-City Resident per session.

Must pre-register, space is VERY limited. Classes held at Dixon Pool

Instructor: Parks & Recreation Staff

Registration begins: 4/17 City 4/24 Non-City

Adult Lap Swim! (Ages 18- Adult)

6:30am-8:00am Monday-Thursday, June 18-August 15

\$5.00 drop in or you can buy a punch card ahead of time.

\$24 for 6 times, \$42 for 12 times.

Ice Skating Adult Basic

(Ages: 17 yrs to Adult)

These classes are similar to the basic level Pre-Alpha classes but are geared toward adult skaters. The classes are more relaxed and instructors teach based on the skaters' abilities and levels.

Classes are held at the Fredericksburg Ice Park.

1510.315	Wed, May 30 - Jun 20	5:25pm-5:55pm
1510.415	Wed, Jun 27 - Jul 25	5:25pm-5:55pm
1510.416	Wed, Aug 1 - Aug 22	5:25pm-5:55pm
1510.401	Sat, Jun 2 - Jun 23	10:35am-11:05pm
1510.408	Sat, Jun 30 - Jul 28	10:35am-11:05am
1510.421	Sat, Aug 4 - Aug 25	10:35am-11:05am

4 Week Session

\$60 City, \$65 Non-City Resident

Fredericksburg Ice Park

Instructor: Ice Park Staff

Registration begins: 4/17 City 4/24 Non-City

More Fitness

Isshinryu Karate

(Ages: 8 yrs to Adult)

A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! No class on May 21, 23, 28



Evening Karate

2530.307 Mon/ Wed, May 14 - Jul 2 5:30pm-6:30pm

2530.402 Mon/ Wed, Jul 16 - Aug 22 5:30pm-6:30pm

8 Week Sessions each

Saturday Karate

2530.414 Sat, Jun 2 - Jul 7 10:00am-12:00pm

2530.417 Sat, Jul 21 - Aug 25 10:00am-12:00pm

6 Week Sessions each

\$30 City, \$40 Non-City Resident per session

Dorothy Hart Community Center

Instructor: Mike Morton

Registration begins: 4/17 City 4/24 Non-City

Fencing - Beginning & Intermediate

(Ages: 8 yrs to Adult)

Fencing is here! Try out this new program to Parks and Recreation. Our trained instructor will meet with you twice a week to teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you can opt to rent equipment, or you can bring your own. Take this opportunity to get off the couch, and learn something new. Class size is limited, don't miss your chance, sign up today! No class May 1.

Children (8 years to Adults)

4444.305 Tue, Apr 17 - May 29 6:30pm-7:30pm

Adults (17 years and older)

4444.306 Tue, Apr 17 - May 29 7:45pm-8:45pm

7 Week Sessions each (no class 5/1)

\$65 City, \$80 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Dan Taylor-McNally

Registration begins: 4/4 City 4/10 Non-City

More Fitness

Co-ed Adult Kickball League

(Ages: 18 yrs to Adult)

We're bringing the fun - KICKBALL IS HERE! Gather your friends or neighbors to form a team and participate in this new exciting league. Participants must be 18 years or older; registration is taken by team entry only. Team rosters may have up to 18 players, and you must have men and women on your team. Games will be played on Sundays.

1520.412 Sun, Jun 3 - Jul 22 1:00pm-4:45pm

8 Week Session

\$85 per team, City and Non-City Residents

Snowden Ball Fields

Registration begins: 4/17 City 4/24 Non-City

Deadline to register: 6/7

Special registration form required.

Lawn Bowling & Other Games

(Ages: 18 yrs to Adult)

New for seniors & adults at Dixon Pool -- Lawn Games! Take a break from the pool and have some fun with one of our lawn games available to rent out at the pool front desk -- it's FREE to rent out a game but you'll need a photo I.D. to rent the equipment. It's great fun for everyone!

Memorial Day weekend until Labor Day weekend.

FREE, I.D. required to rent equipment from Dixon Pool
Dixon Park

Adult Beginner Tennis

(Ages: 16 yrs to Adult)

This class is for beginning tennis players who have little or no experience, or those players who have been away from the game a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Enjoy the weather, get some exercise, and pick up a new hobby.



1730.412 Mon/ Wed, Jul 9 - Jul 25 6:00pm-6:50pm

3 Week Session

\$30 City, \$40 Non-City Resident

Memorial (Kenmore) Park Tennis Courts

Instructor: Art Canizares

Registration begins: 4/17 City 4/24 Non-City

Adult Intermediate Tennis

(Ages: 16 yrs to Adult)

For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes.

1740.412 Mon/ Wed, Jul 9 - Jul 25 7:00pm-7:50pm

3 Week Session

\$30 City, \$40 Non-City Resident

Memorial (Kenmore) Park Tennis Courts

Instructor: Art Canizares

Registration begins: 4/17 City 4/24 Non-City



2007 VIRGINIA SENIOR GAMES & LIFE BEGINS AT 50 EXPO VIRGINIA BEACH, VIRGINIA MAY 4 & 5, 2007 -

In 2007, the Virginia Senior Games is celebrating its 29th year! The Games are open to individuals **50 years of age and older, from any State**. The **purpose of the Games** is to promote physical and social wellness for Senior Adults. Virginia Senior Games is recognized by the National Senior Games located in Baton Rouge, LA. The Virginia Senior Games is positioned to expand with the ever increasing senior population.

The 2007 Virginia Senior Games will also feature a **Life at 50 Expo**, at Bayside Recreation Center on Saturday, May 5, 9 am – 5 pm. It is FREE & Open to the Public

Sponsors of the Virginia Senior Games include Virginia Moose Association, Inc., Humana, Anthem Blue Cross Blue Shield, Hilton Garden Inn Virginia Beach Town Center, Virginia Beach Convention Center, and Virginia Beach Parks & Recreation.

The deadline for the registration is April 25, 2007. Team deadline is April 1, 2007.

WWW.VIRGINIASENIORGAMES.ORG



Fitness & Dance



Belly Dance Basics I w/ Anthea

(Ages: 12 yrs to Adult)

For FUN or FITNESS! "Belly-robics" Warmup. Introduction to Anthea's unique and effective teaching method. Basic isolations and step-patterns in combinations get you dancing right away. No experience necessary.

3722.309
Thur, May 3 - May 31 7:30pm-8:30pm

3722.401
Thur, Jun 7 - Jun 28 7:30pm-8:30pm

3722.402
Thur, Jul 5 - Jul 26 7:30pm-8:30pm

Monthly Sessions

\$35 City, \$46 Non-City Resident per month or \$15 Drop-In per class

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 4/17 City 4/24 Non-City

Belly Dance Basics 2 w/ Anthea

(Ages: 12 yrs to Adult)

Continue from Basics I for more FUN or FITNESS! "Belly-robics" Warmup. Foundation topics include; Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

3722.337 Thur, May 3 - May 31 8:30pm-9:30pm
3722.403 Thur, Jun 7 - Jun 28 8:30pm-9:30pm
3722.404 Thur, Jul 5 - Jul 26 8:30pm-9:30pm

Monthly Sessions

\$35 City, \$46 Non-City Resident per month or \$15 Drop-In per class

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 4/17 City 4/24 Non-City

Intermediate Belly Dance

(Ages: 12 yrs to Adult)

Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally-known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Oriental choreography; Tribal Odyssey Level 2. Enroll by instructor approval.

3722.344 Wed, May 2 - May 30 7:00pm-8:00pm
3722.405 Wed, Jun 6 - Jun 27 7:00pm-8:00pm
3722.406 Wed, Jul 11 - Jul 25 7:00pm-8:00pm

Monthly Sessions

\$39 City, \$50 Non-City Resident per month or \$15 Drop-In per class

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 4/17 City 4/24 Non-City

Advanced Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms, Tribal Odyssey Levels 3 and 4. "Performance Prep" including rehearsals and review. Enroll by instructor approval.

3722.348 Wed, May 2 - May 30 8:00pm-9:00pm
3722.407 Wed, Jun 6 - Jun 27 8:00pm-9:00pm
3722.408 Wed, Jul 11 - Jul 25 8:00pm-9:00pm

Monthly Sessions

\$39 City, \$50 Non-City Resident per month or \$15 Drop-In per class

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration begins: 4/17 City 4/24 Non-City

Line Dance

(Ages: 16 to Adult)

Love to dance, but don't have a partner? Well, in Linda's Line Dance classes you don't need one! You can get some great exercise without "working out." From 12:30 - 1:30pm Linda teaches low impact line dances with variations that are great for first time dancers and Senior Citizens. From 1:30pm - 3:00pm she teaches moderate to high impact line dances for those people with more experience. No Partner or experience needed. Variations are shown, so you can pick your own pace & style. Wear light comfortable clothes and tennis shoes. No class June 1.

DROP-IN ANYTIME!

Fridays, April 13 - Aug 31 (June 15, 22, 29 & Aug 17 move to Ray Grizzle Activity Center) (no class June 1)

12:30pm - 1:30pm - Low Impact

1:30pm - 3:00pm - Moderate & High Impact

\$4 City or Non-City Resident per week

Dorothy Hart Community Center

Instructor: Linda Conlin

Register on a weekly basis.

Fitness & Dance

Belly Dance Basics I w/ Karen

(Ages: 12 yrs to Adult)

Learn the basics of this ancient art form to improve fitness, increase flexibility and help relieve stress. Students in this basic class follow the instructor through movements at their own fitness ability using belly dance as a fun way to exercise.



3722.326 Mon, May 7 - May 21 7:00pm-8:00pm
3 Week Session

3722.410 Mon, Jun 4 - Jun 25 7:00pm-8:00pm

3722.412 Mon, Jul 9 - Jul 30 7:00pm-8:00pm

4 Week Sessions each

\$28 City, \$36 Non-City for 3 week session

\$37 City, \$48 Non-City Resident per 4 week session

Dorothy Hart Community Center

Instructor: Karen Sullivan

Registration begins: 4/17 City 4/24 Non-City

Belly Dance Technique w/ Karen

(Ages: 12 yrs to Adult)

This class goes beyond the basics (required first) to expand the student's knowledge of belly dance.

3722.409 Mon, May 7 - May 21 8:00pm-9:00pm
3 Week Session

\$28 City, \$36 Non-City Resident

3722.411 Mon, Jun 4 - Jun 25 8:00pm-9:00pm

3722.413 Mon, Jul 9 - Jul 30 8:00pm-9:00pm

4 Week Sessions each

\$37 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Karen Sullivan

Registration begins: 4/17 City 4/24 Non-City

Round Dancing

Round Dancing is a fun, social activity, where couples dance synchronously in a circle around a dance hall to cued choreographed routines. Singles and "2-left feet" people are welcome! Please wear soft-soled shoes to protect the wood floor as well as for dancing ease. Questions? Contact Nana Eum at 703-670-3063.

Meets Weekly on Mondays, 7:00pm-9:15pm

\$5 City of Non-City per person per week, register weekly

Dorothy Hart Community Center

Instructors: Tim & Nana Eum

Registration is ongoing. Just show up to get started.

Beginning Swing

(Ages: 16 yrs to Adult)

Why just watch "Dancing with the Stars" when you can learn some of the same steps with Leonard? Get off the couch, get your partner and get moving! Take a little time and learn a new move on the dance floor. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. Take a chance and give it a try! Wear SOFT-SOLED shoes. No class June 20 or Aug 8.

3310.412 Wed, Jun 6 - Jun 27 7:30pm-8:30pm

4 Week Session (No class 6/20)

\$32 City, \$43 Non-City Resident per person per session

3340.410 Wed, Jul 11 - Jul 25 6:30pm-7:30pm

3 Week Session

\$24 City, \$32 Non-City Resident per person per session

3340.403 Wed, Aug 1 - Aug 29 7:30pm-8:30pm

4 Week Session (No class 8/8)

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration begins: 4/17 City

4/24 Non-City



Beginning Ballroom Dance

(Ages: 16 yrs to Adult)

Are you inspired by the new "Dance with the Stars" show? Well here's your chance to get out on the dance floor and learn some of the steps they do on TV. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes. No class June 20.

3310.414 Wed, Jun 6 - Jun 27 6:30pm-7:30pm

4 Week Session

\$24 City, \$32 Non-City Resident per person per session

3310.404 Wed, Jul 11 - Jul 25 7:45pm-8:45pm

3 Week Sessions each (No class 6/20)

\$24 City, \$32 Non-City Resident per person per session

3310.411 Wed, Aug 1 - Aug 29 6:30pm-7:30pm

4 Week Session (No class 8/8)

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration begins: 4/17 City 4/24 Non-City